



# Tools For Action

A sample of physical education initiatives in Wisconsin

## All-school Jump Rope for Heart event

### Contact Information

<b>Main Contact Person</b>
Gary Kalkopf
<b>Title of Main Contact</b>
Physical Education Teacher
<b>School Name</b>
Lakeview
<b>School District Name</b>
Muskego/Norway
<b>Contact Phone Number</b>
(262)895-7540 ext. 325
<b>Contact Email Address</b>
kalkopf@mnsd.k12.wi.us

### Program Information

<b>Program Name</b>
All-school Jump Rope for Heart event
<b>Program Category</b>
All school PE events or activities
<b>Grade Level</b>
K-2; 3-5
<b>Assessment Method</b>
Fitness indicator (test scores, miles walked); Impact on behavior (increase in active minutes or miles walked); Participation rates (number of students involved)

### Program Information

#### Products Developed or Materials Used:

[No Answer Entered]

#### Program Description:

This is a community service that our whole school is involved with. We jump rope for 6-8 minutes per class as our warm-up. This is done over the course of 4 weeks. We culminate our event with an all-school jump for an hour. This is the only all-school

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at [jon.hisgen@dpi.state.wi.us](mailto:jon.hisgen@dpi.state.wi.us)

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at [brian.weaver@dpi.state.wi.us](mailto:brian.weaver@dpi.state.wi.us)

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

<http://dhfs.wisconsin.gov/health/physicalactivity/>

or contact staff at: [Meineam@dhfs.state.wi.us](mailto:Meineam@dhfs.state.wi.us) (Amy Meinen, Nutrition Coordinator)

[Morgajg@dhfs.state.wi.us](mailto:Morgajg@dhfs.state.wi.us) (Jon Morgan, Physical Activity Coordinator)

[Pesikme@dhfs.state.wi.us](mailto:Pesikme@dhfs.state.wi.us) (Mary Pesik, Program and Grant Coordinator)